

UNITY DAILY WORD

A Page of Sunshine for Every Day



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HEALTH, HAPPINESS and PLENTY

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July, 1936

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June 20 to July 19

*The radiance of the Christ quickens my understanding
and I know the Truth.*

The Christ life quickens and heals me.

*Christ blesses and multiplies my substance and I am
abundantly supplied with all good.*

Single copies of UNITY DAILY WORD may be obtained at Unity libraries and newsstands at 15 cents. Subscription, \$1 a year. Braille subscriptions are sent free to the blind who are familiar with grade 1½. These gifts are made possible by love offerings.

We also publish *Good Business, Progress, Wee Wisdom, Unity, Weekly Unity*, and *Unity Sunday School Leaflet* at \$1 a year each.

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VOL. XXV
No. 1



JULY
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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

A MESSAGE OF HOPE

Whoever you may be, my friend,
Where'er your lot be cast;
No matter what your place may be
Or what has been your past;
It matters not, the time or place,
Or how or where you live,
If you will turn your heart to God,
Some blessing He will give.

MY SHEPHERD

CLAIRE GILSTRAP

The Lord a shepherd is today
As true and living still
As when young David sang his song
Upon his placid hill!
My thoughts were wayward, wandering sheep,
So far astray from fold
That I knew only bitterness,
And hunger, want, and cold;
Till God relieved me of my charge—
So poor a shepherd I!
And now my thoughts are docile sheep
'Neath His directing eye;
And I shall never want again,
Nor ever know the cold,
For my whole flock of thoughts is safe
Within my Shepherd's fold.

"TAKE THE WINGS OF THE MORNING"

TAKING the wings of the morning immediately brings to us the mental picture of rising refreshed, with an inner sense of vitality and an urge to go forward and upward. We do not carry into the new day any of the heavy thoughts of the day before. The wings of our soul unfold, and we feel that the morning gives us a sense of being unimpeded and undefeated in whatever we undertake.

The morning of the soul is the time when new light dawns upon us. It is the time when we sense something like an entrance into a new world. And do we not enter a new world at the dawning of a new day? Do we not find that the morning of the soul gives us a sense of the dawning of new viewpoints, new opportunities, new possibilities?

If you have settled down to a certain routine of living, if you have taken something like a despondent outlook upon life, if you feel a need of taking a new hold upon life, take the wings of the morning. Sense the feeling of new life within you. Go forward and upward unimpeded by the limitations you placed upon yourself yesterday. Let the new morning be the morning of the soul. Let your soul's wings unfold and be the wings of the morning.

Taking the wings of the morning, you need give no anxious thought about life, about your business, about other personal things, or the affairs of

the world. When you take the wings of the morning, you demonstrate to yourself that you can rise above every limiting condition. Those with wings must feel no sense of bondage. They must enter the consciousness of wings, which puts earthly limitations and conditions far below their feet. They must soar in thought to high heaven.

A bird poised in mid-air is at once a picture of poise, rest, confidence, and trust. Invisible hands seem to bear it up. Its confidence in some supreme power appears to free it from all thought of falling or danger. It rests itself from long flight and recovers its strength.

Today if you have new duties to take up, new work to approach, take new wings. Feel an inner sense of victory over environment, things, and circumstances. Take the wings of the morning, with all the freshness that the morning of the soul can offer you. Resolve to know no challenge that you cannot meet, no difficulty that you cannot overcome, no problem that you cannot solve.

The wings of the morning are but the wings of Spirit that bear us up. They are that in Spirit which lifts and exalts us. And, oh, how we need wings in these strenuous times of modern living! Men so eager to accomplish great things often find themselves weary and defeated because they have not learned to soar above things and to take command

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of them through Spirit. "But they that wait for Jehovah shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; they shall walk, and not faint."

Have you ever been so weary that you longed for a new mind, new strength, new surroundings? Take the wings of the morning. Wings renewed and refreshed. Wings free from the weariness of yesterday or the past. Wings filled with new power and new strength. Wings with power of their own when your own power is seemingly spent. Wings that have power to bear you upward when things of the world would seem to cast you down.

Whoever you are, wherever you may be, you have wings mighty to bear you up amid the demands and problems of this day. When you make the inner demand and feel the inner need for wings, your prayer is answered with new wings, eager and strong, ready and dependable. If today your environment is something that you must rise out of, let Spirit lift you out.

Have you reached the limit of human endurance? Then accept divine aid and the wings of the morning. Do you want to reach up into some new field of experience, some new world to conquer, some new blessing to attain? Let the wings of the morning take you there, give you the power to accomplish and to attain.

SEEDTIME AND HARVEST

HOW we admire the person who does not take defeat seriously, who does not cease his efforts because of discouragement! If some situation has brought him defeat and sorrow, he springs up to press forward, while his eyes are still wet with tears perhaps; and we know that he will go forward to return to us again with joy and victory, with visible fruits of his efforts.

"He that goeth forth and weepeth, bearing seed for sowing,

Shall doubtless come again with joy, bearing his sheaves *with him*."

Shall we lament over defeat and discouragement or shall we, like him whom the Psalmist describes, go forth with seed, with fertile ideas, and with but one thought in mind: the sheaves of our victory? Defeat can bring to us one of two attitudes of mind, dullness, or alertness. The person who accepts defeat becomes mentally dulled. The one who finds in defeat but the avenue for some new victory uses his defeat to acquire mental alertness and promptness to try again.

Wrapped up and hidden within the seed we bear for sowing are the sheaves we are to harvest. It would seem as if seedtime and harvest are so nearly one that we can hardly separate them. Harvest is but the result of careful sowing. Harvest is the joyful

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compensation for making proper use of rich and fertile seed in planting.

The last few years have found many persons weeping over lost efforts and lost fortunes and without heart to go forth to sow again. They find the picture of their loss so vivid in their mind that they do not readily gain the vision of seedtime and harvest. These people we do not easily behold as going forth to sow again and returning to us with rich harvest. What word of encouragement shall we give them? Let them go forth even while still lamenting, carrying their seed for new harvest, assured that their reward will be sheaves of joy! They will lose their tears along the way when they become engrossed in planting again.

Planting and gathering have always held a charm for humanity. It is a case of giving and receiving. It is a process in which man's efforts are rewarded by the bounty of heaven. It is a process in which man works and God works. The mystery of the seed is one of the great mysteries of life that man encounters as he goes about in the activities of a simple world. Hidden within it the seed has comfort for the sower, intense interest for his watching eyes, food for his soul and body.

The main thought of this message is that while still in the throes of discouragement we are to go forth in seedtime to new endeavors. While dis-

couragement tries to get a hold upon us, we are to defeat it through new undertakings. We are to go forth without doubt concerning our return with sheaves and harvest. Can you think of a greater challenge to us, more positive instructions as to sowing and reaping, or a more definite promise as to our reward? How can we allow ourselves to be discouraged or defeated!

Go forth this day and sow your seed for prosperity, certain of your reward on the morrow with sheaves ready for harvest, sheaves attesting your efforts and giving you the reward of diligent planting. Go forth with the assurance that your every effort is blessed by Spirit.

All that you do in the name of Christ will be rewarded. The work you do, if it is done for Christ, will be compensated for by Him. You cannot meet discouragement and defeat when you keep this mighty truth in mind. You cannot avoid rising out of defeat and pressing forward to new conquests when you keep in mind Christ's plan for seedtime and harvest. You will want to play the game when you become interested in sowing and harvesting.

We need to keep in mind the working of Spirit so that we do not become indifferent to work and effort of our own. We need to be ready to give up childish ideas about defeat and its power to limit us, in order to take a more adult view of life.

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ANOTHER BIRTHDAY

1924-1936

THE birthday of UNITY DAILY WORD, which comes on July 1, is at hand. There are readers who at this time will recall that they have been subscribers since the very first issue in 1924. They have seen the magazine grow until it is now reaching a multitude of readers. Some of the most interesting letters that come to Unity headquarters are accounts of how UNITY DAILY WORD has helped students through disease and misfortune. We are heartily thankful for the loving-kindness of our students and readers.

The custom of annually celebrating this birthday by sending in subscriptions has always been a source of gratification to the editor. Those who wish to express their thanks for help received do so by placing the magazine in the hands of other persons. It is a custom we like very much, and it serves to show that our efforts are appreciated and fruitful.

We join you this year on the occasion of this birthday, and we thank you one and all for your most encouraging letters and reports and for your willingness to express your thanks in increased subscriptions.

F. B. WHITNEY,
Editor *Unity Daily Word*.

NEIGHBORS

JUST WHAT is our duty to those who live near to us? What is to be our attitude toward our neighbors, persons in our home, our business associates, and other persons with whom we are frequently associated? In answer to such questions come these lines from Isaiah: "They help every one his neighbor; and *every one* saith to his brother, Be of good courage."

The question of giving physical or material help may be debatable and could be settled only by specific circumstances, but that of giving moral encouragement and our strengthening thought is not. Certainly we should always be ready to give the aid of our prayer and good will. This means at the same time that we should not be critical of our neighbors or think or speak of them in any manner suggesting bondage or adversity.

The problems of our neighbors that we might be inclined to view with critical eyes must be viewed in a most impersonal light. Problems will appear to be characteristic of humanity until men overcome human limitations. The problems of our neighbors may be problems that we ourselves will be called upon to solve tomorrow. We should not be critical of another's human problems today, because we do not want him to be critical of us if the same problems were ours. We need to be encouraging in our

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attitude toward him because we expect him to be encouraging in his attitude toward us.

Quite often the individual finds that he becomes the personal problem of another. Mr. A discovers that his friend Mr. B, for no visible reason, has a problem with respect to his friendship with Mr. A. What is to be Mr. A's attitude toward his neighbor Mr. B? Should Mr. A help and encourage Mr. B, or should he on account of Mr. B's attitude let Mr. B also become a personal problem to him? Certainly the friend who is attacked by the virus of unfriendliness needs our loving help as much as if he were attacked by some insidious disease.

We need to help and encourage our friend, when we become his personal problem, by giving him the support of our silent prayer if only to keep our own mind clear of adverse thought. Certainly we cannot let the contagion of his unfriendliness get into our own consciousness to cause us to make him a return in kind. At the same time we need to guard against intruding upon him, because those who have personal problems usually like to work them out alone or at least to the point where they ask for our help.

In Truth we are called upon to help and encourage others but to be very wise and cautious in so doing. Our duty toward our neighbor in human experience is that of the loving Christian on the one hand, but on the other it is that of the wise man.

GOD PROTECTION

IRENE STANLEY

Son or daughter born divine,
You are God's child more than mine.
I am knowing all day through
He is taking care of you.

May His mighty word of Truth,
Love, and wisdom shield your youth!
You are strong and pure and true—
God is taking care of you.

Faith now rules my mind and heart
When for work or play we part,
Not the fear that once I knew—
God is taking care of you!

O my daughter! O my son!
Rest in your indwelling One
Till you learn this marvel too:
God is taking care of you.

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WEDNESDAY, JULY 1

My mind is secure in the understanding that it is at one with the thoughts of Christ.

THINK of the mind of Christ as the pattern for my thinking. I realize that when I conform to this perfect pattern of thought I no longer think thoughts of evil, sin, hate, fear, disease, and failure. I know that when I am at one with the thoughts of Christ I cannot think anything adverse to Christ and Truth.

I realize the importance of right thinking. I take care to discipline my thinking and to have my every thought measure up to the standard Christ has established for me. Since there are no adverse thoughts in the mind of Christ, I know that there can be no adversity in my thought when I am at one with Christ.

With the mind of Christ as my standard, I know just what to think. His standard of Truth becomes mine. I give up thoughts of adversity in order to think thoughts in conformity with the Christ mind. I realize that I think with the mind of Christ.

This day my thought is disciplined and I realize that my thoughts are obedient to Christ.

I of myself with the mind, indeed, serve the law of God.—ROM. 7:25.

THURSDAY, JULY 2

I rise out of all unbelief and doubt and increase my faith in God, the good.

THIS DAY I give up all doubt. I no longer doubt the power of God. I cease to doubt the goodness of God. All unbelief is erased from my mind as I develop faith. I no longer believe in evil. My faith in God, the good, increases as I meditate upon God.

I realize that in order to increase in faith in God I must cease believing in the reality, being, power, and strength of all that is unlike or opposed to God. I know that I must no longer think of anything that will weaken my faith. I know that my faith is strengthened through meditating upon God and perceiving His mightiness.

Meditating upon God, I find that my doubt flees. I increase in faith as I think about God. I arrive at the point where I realize that I have perfect faith in Him. I realize that in Truth I cannot believe in anything else.

I have faith that even now God is quickening me to greater faith in Him.

Faith is a confident assurance of that for which we hope, a conviction of the reality of things which we do not see.
—HEB. 11:1 (Weymouth version).

FRIDAY, JULY 3

This day I give up every thought of worry and anxiety, because I trust God in all things.

MAKE this a day without worry because it is a day of trust. I know that I cannot be anxious when my whole thought is centered upon God. I realize that I need not worry when I place myself and all my affairs in the keeping of God.

To give up worry I must keep my mind charged with thoughts of trust. I must not give anxious thought to any person, thing, or situation. I must not worry about any of these. My whole thought must be directed to God in whom I place my trust.

I find that by trusting God there is no occasion for worry. I need not be anxious when my whole thought is upon Him. I realize that worry is a state of mind resulting from failure to trust God fully. I know that I overcome the habit of worrying when I learn to trust.

This becomes a day without worry, since my every thought is fixed upon God, His goodness and power. I know that all is well. I realize that all things are working for my highest good.

Come unto me, all ye that labor and are heavy laden.
—MATT. 11:28.

SATURDAY, JULY 4

I am free in the consciousness that I am no longer in bondage of any kind.

REALIZE that in order to be free from bondage I must first be free from all belief in it. I realize that freedom is mine only when I believe in freedom. I know that nothing in all this world can hold me in bondage when I have the consciousness of perfect freedom.

This day I meditate upon freedom. I keep out of mind all belief in bondage. I am no longer bound by any person, thing, or limitation. I wipe from my mind every belief that anything in the world about me can enslave me. I know that through Christ in the midst of me I am free in all ways.

This day I rejoice in my freedom. I rejoice that I am liberated from those beliefs which in the past have bound me to adverse conditions. I celebrate my freedom. I am free because Christ in me is ever free.

Every belief in bondage is now cast out of my mind in order to make way for my perfect freedom. My mind is now consecrated to the truth that I am free in Christ.

*I shall walk at liberty;
For I have sought thy precepts.*
—PSALMS 119:45.

SUNDAY, JULY 5

In the consciousness of fearlessness and courage I erase from mind every belief in fear.

THE CONSCIOUSNESS of courage in Christ clears my mind of every fear of persons and things. I cannot be afraid when my thought is upon Christ. I cannot entertain fear and at the same time know the truth about my courage in Christ. I refuse to be afraid when I know that in Truth fear has no reality, permanence, existence, or being.

I now replace fear with thoughts of courage in Christ. I give up every subconscious belief in fear in order to experience the fearlessness of Christ. I live in the courage of Christ which can know no fear.

This day I dedicate to courage. I go forth in the realization that nothing in all this world can make me afraid. This is my day of complete victory over the claim of fear. Today my mind is cleansed of every adverse belief and I am no longer afraid.

With my consciousness filled with courage I go forth living the courageous life. I am undaunted, unafraid.

There were they in great fear, where no fear was.
—PSALMS 53:5.

MONDAY, JULY 6

The love of God within me now draws to me the blessings of love.

LIVE today in the realization that God lives within me and about me as love. In its presence there can be no hate. In the presence of His power of love there can be no power in anything unlovely. God as love now fills me and my life with love. He creates within me a magnet of love by which all good is drawn to me. Every blessing I seek and need is now attracted to me through love.

God's love endures throughout all time. In Spirit I cannot be separated from His love. I cannot live apart from the presence of God or the presence of His love. I cannot be separated from His blessings of love or fail to discover and use them when I need them.

God's love is full and complete. In it we find the completion of all our yearnings and ideals. We behold in God the fulfillment of all our expectations. I see in God as love that which I have anticipated receiving through love. I behold in Him my dreams of love come true, my ideals made real, and my prayers answered in full.

The lovingkindness of Jehovah is from everlasting to everlasting.—PSALMS 103:17.

TUESDAY, JULY 7

*The peace of the presence of God within
me now assures me of abiding peace.*

NOW direct my thought away from all belief in inharmony. I no longer entertain thoughts destructive to my peace of mind. I do not think of myself as living in an inharmonious environment. I know that nothing in all this world can take my peace away from me as long as I realize that it is centered in the Spirit of God.

I realize that when I abide in the presence of God I abide in profound peace. God's peace is mine when I identify myself with Him. No thought of inharmony can invade or destroy His peace and mine. My peace is established in the peace of God.

Living in the peace of God, I realize that no thought of inharmony can come nigh me or touch me. I know that no person or thing in all this universe can affect the peace of Christ within me.

I live in the consciousness of a peace that is unaffected by external things or their condition. My peace is henceforth established in God. The very peace of heaven is now established in my heart. I am at peace with the Spirit of God in my midst and with His infolding presence of peace.

Go in peace, be ye warmed and filled.—JAMES 2:16.

WEDNESDAY, JULY 8

*Through the patience of my indwelling
Christ I am patient at all times and under
all circumstances.*

TODAY I live in the realization that the presence of Christ keeps me from being impatient. I realize that nothing in all this world can make me impatient when my thought is directed to Christ. The state of external things cannot cause me to be impatient. Christ within me is the source of my patience.

I am patient because I place myself and all my affairs in the keeping of Christ. I give Him all responsibility and stand aside to see the working of His spirit in my affairs. I triumph over every situation because Christ is at work bringing newer blessings into evidence. My patience increases as I learn to depend upon Him in all things.

I patiently expect and look for the manifestation of good at all times. Living in this realization, I cannot be impatient. I realize that the impatient person is the one who thinks that evil will come to pass and does not trust Christ fully. I keep my thought upon Christ and my patience develops until all sense of impatience is overcome and lost.

*The Lord direct your hearts . . . into the patience of
Christ.*—II THESS. 3:5.

THURSDAY, JULY 9

The justice of God is now visible in all my affairs, and I am free from all sense of injustice.

KNOW that no injustice comes from God. It can derive only from my own belief in injustice. I realize that I cannot be unjustly dealt with, neither can I deal unjustly with others when my consciousness is cleared of the thought of injustice. With no thought of injustice in mind, I cannot attract situations of injustice.

I realize that God is always just. If I keep my thought centered upon Him, I am sure of justice at all times. I am certain to see His conception of justice replace my notion of injustice. I am sure to see injustice disappear as I meditate upon the justice of God.

I know that injustice comes from failure to know Truth and contemplate God's justice. I realize that when there is no thought of injustice in my heart, God's will for perfect justice will be established in all my affairs. I realize that in the world of Truth, the realm of God, no thought of injustice exists. In God there is only justice.

Why even of yourselves judge ye not what is right?
—LUKE 12:57.

FRIDAY, JULY 10

*Joy now replaces sorrow, and I go forth
this day inspired to great joy.*

AS I meditate upon the joy of Christ in my heart, I lose all sorrow. No subconscious sadness can live within me when I think about the great joy of Christ. No sorrow can live in my heart when it is dedicated to the joy of Christ. I live this day in the realization that gladness fills my very soul. I go forth in the consciousness that Christ has filled me with His joy.

In the joy of Christ I find the very joy of heaven, unaffected by the state of things on earth. I find that I am no longer affected by what other persons say or do, neither is my joy changed by changes in the world. I live in the consciousness that great joy is now mine because it is the very joy of Christ.

I realize that out of every sorrowful situation comes some lesson of joy. I turn in thought to Christ, and my every thought of sadness is overcome. The joy of Christ reigns supreme in me and in my life. Christ's joy is mine and my world is filled with His presence of joy.

*He that goeth forth and weepeth, bearing seed for sowing,
Shall doubtless come again with joy, bringing sheaves
with him.*

—PSALMS 126:6.

SATURDAY, JULY 11

God, the law of good, the principle of Truth, now operates in my mind to the exclusion of every so-called law of adversity.

KNOW that in Truth there is no law of evil, adversity, disease, or failure. I realize that in God's world there can be no principle of evil or error. I know that in Truth there is only God, the law of good, the principle of Truth. No law can operate in my world but the law of God.

In spiritual consciousness I can be ruled but by one God, one law. I now give my whole thought to God and am governed and ruled solely by the law of good. This is the law of my health and my good fortune. It is the principle of my being by which every good comes into visibility and through which my good is permanently established.

I cease to think of myself as ruled by adverse law. I know that no law of evil can prevail against God and His law of good. I know that His good is now established in my life, because it is based upon His unchanging and ever-dependable law. I dwell in the consciousness that I live by the law of God and am ruled by naught but His principle.

The law of Jehovah is perfect, restoring the soul.
—PSALMS 19:7.

By Lake Gairloch

Elsie Jean Y

My Master seemed to lead me near the shore
He showed me eager throngs there where
Their lack became abundant the hungry
My heart spoke, "Lord, I am Yours"

I waited with my Master at the dawn
And saw disheartened fish upon the shore
Then with His help their eyes were dark no more
My heart spoke, "Lord, I am Yours"

So when I am discouraged my faith
He leads me to a lakeside to linger
I see Him feed the thousands He gives
My heart speaks, "Lord, I am Yours"



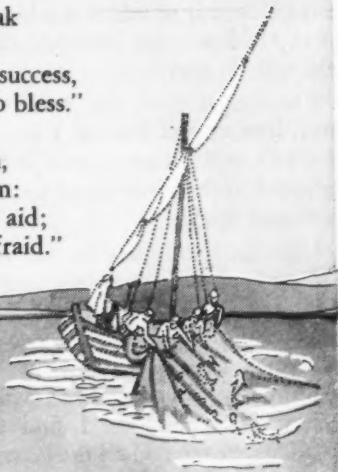
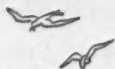
Galilee

Dean Yale

le near the Galilean shore:
how there who lingered as of yore;
nd the hungry all were fed;
d, I in You to give me daily bread."

ter the dawn began to break
fish upon the lonely lake;
ne the dark became a glad success,
, I in You my daily work to bless."

ged my faith begins to dim,
side I linger there with Him:
ousand He gives the fishers aid;
d, I in You, I cannot be afraid."



SUNDAY, JULY 12

*The wisdom of Spirit now reveals to me
the road I should take, the path that leads
me to my highest good.*

REJOICE to be led out of the way of adversity into the path of my highest good. The Spirit of God has revealed to me the way I should go in order to enjoy His blessings to the full. He guides me into the way in which the blessing I seek is to be found. He directs me into the path where my highest good will be revealed.

I no longer think that I must go the way of sacrifice, disease, and failure. I know that that way is not God's will for me. I realize that when my heart is attuned to the presence of God I see but one way, the way of Spirit.

I go forth this day in the realization that the Spirit of God directs my feet into the way leading to my highest good. Living in spiritual consciousness, I go the way of Spirit and receive spiritual blessings. Henceforth I know no way but the way of Spirit. In spiritual paths I find that which I seek through spiritual understanding. I find the way of Spirit opened before me and all the blessings of Spirit come to me here and now.

Make also the way of escape.—I COR. 10:13.

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MONDAY, JULY 13

*God, the good, is now manifested in me
and in my life as the good I earnestly seek
and need at this time.*

IN MEDITATING upon God, the good, I discover that He is the good for which I pray. I realize that He expresses Himself in me and in my life in the way by which He can best serve me. The good for which I pray is the goodness of God in the form I can most easily appropriate to my need.

In thinking about God I cease to believe that evil has presence or power in my life. I know that in the presence of God there can be no presence of evil. I realize that God alone has reality, being, existence, and permanence. This truth wipes from my mind all belief in the reality of evil.

God, the good, is now expressed in me as wisdom, life, love, courage, health, and plenty. I realize that God is the sum of all goodness. I find that I need not look outside or beyond God for anything, for in Him is contained all that I seek and desire. Evil can have no place in His omnipresence. I realize that He does not share His presence with evil. I know that evil does not originate in good. My whole thought is now given to God.

Always follow after that which is good.—I THESS. 5:15.

TUESDAY, JULY 14

The Truth of Christ is now active in my consciousness as the truth of my understanding, health, and success.

TODAY AS I meditate upon the Truth of Christ I learn that it is the Truth of my being. Meditating upon that which is true in Christ, I cease to think of that which is not true. I find there is no truth in evil, fear, hate, disease, and lack. The Truth of Christ reveals to me that only the good is true.

This lesson in Truth prompts me to cease believing in that which does not measure up to Christ's standard of Truth. I take His Truth as my guide in all things. If my thoughts are not in keeping with this Truth, I cease to think them and they are replaced with thoughts based upon Truth.

The truth about my highest good is now revealed to me. It is the truth about my wisdom, life, love, happiness, health, and supply. It is the truth that is now overcoming all belief that opposes it. It is the truth now being established in my mind and in my heart. I know that when Christ is established in my life His Truth is established. Nothing can prevail against Him or His Truth.

Speak unto me nothing but the truth in the name of Jehovah.—I KINGS 22:16.

WEDNESDAY, JULY 15

*My body is the temple of the living God
and filled with His presence.*

THINK of my body as God's temple. In doing this I free myself from all belief that it is the habitation of disease and evil. I no longer think of my body as simply physical and material. I realize that God's presence spiritualizes it and makes it like unto Himself.

I realize that the purpose of this metaphysical treatment for my body today is to free my mind and my body from adverse beliefs about the body. I cease to abuse my body by adverse thinking. It is now redeemed through the Truth of Christ. The presence of God sets it free from all that is adverse to His presence of health.

I bless my body because God blesses it. His presence causes it to be lifted above any adverse belief. His presence fills it with His life, health, and strength, and I am every whit alive, healthy, and strong. I live today and henceforth in the consciousness that my body is God's temple. I rejoice that this truth is now lifting me to a higher realization of what my body is and that it responds with perfect health.

Know ye not that ye are a temple of God, and that the Spirit of God dwelleth in you?—1 COR. 3:16.

THURSDAY, JULY 16

I realize that in Spirit there is a great universal unity by which all persons and all things are joined in Truth.

TODAY my thought is directed away from separations and differences. I cease to think of myself as separated from others. Above all, I do not think of myself as living apart from God. I know that Spirit unites me with all good and that through Truth I am forever identified with all that exists in Truth.

Directing my thought to universal unity, I find that I am at one with the light, peace, love, life, health, and substance of God. Living in the consciousness of universal unity, I find that I am identified with God at all times and in all ways.

I no longer care to identify myself with that which is not of God. I am not interested in identifying myself with evil in any guise or form. I am now living in a spiritual consciousness in which I behold myself unified with all things of God's world. I live in the realization that I am eternally identified with God and with all that God is and has.

*Behold, how good and how pleasant it is
For brethren to dwell together in unity!*

—PSALMS 133:1.

FRIDAY, JULY 17

In the quietness and stillness of the presence of Christ I too am quiet and still.

THIS DAY I dedicate to Christ and His presence of quiet. I turn from every external noise, every sense of confusion, to this presence of stillness. I realize that the things in the world about me cannot disturb me when my thought rests in Christ and His stillness. I know that nothing in all this universe can keep me from turning to Him and becoming quiet.

Abiding in the consciousness of Christ, I live in the consciousness of absolute stillness. I abide in the realization that within me there is a place of quiet that cannot be disturbed by any thing or any person. When I identify myself with Christ, I become at one with profound silence.

Today I live quietly. I give up all sense of fretting, all inclination to be disturbed. I live in the realization that I need never again know disquiet. Henceforth I am established in the presence of Christ within and about me. I am one with Him forevermore in the stillness of heaven. Christ assures me of quiet when I turn in thought to Him.

Jehovah is in his holy temple: let all the earth keep silence before him.—HAB. 2:20.

SATURDAY, JULY 18

The protecting and saving presence and power of Christ protects and saves me from all harm.

RELIVING UPON Christ, I cannot be in danger. No harm can come near me when I depend upon Christ. Nothing harmful or dangerous can exist in the presence of Christ which infolds me. My environment is Christ, and His presence saves me from all harm.

I look to Christ at all times to take care of me. I find that danger cannot exist in my world when there is only Christ as my salvation in my consciousness. He is my Savior, my deliverer, my protection. His consciousness of salvation shared with me saves me from all evil.

As I direct my thought away from all belief in harm, I increase my trust in Christ as my protection. I turn to Him and discover His power to save me from all harm. Wherever I am, whatever the danger, I have but to turn to the presence and power of Christ in order to be saved.

As I think of Christ I become more and more certain that He is ever with me, within and about me.

He is able to save to the uttermost them that draw near unto God.—HEB. 7:25.

SUNDAY, JULY 19

*The light of God shining at the heart of
my being is the light that illumines and
inspires me.*

REJOICE to know that I no longer am in darkness and ignorance. The light of God within me is the light of my wisdom and intelligence, the light of my inspiration and revelation. This is the light that reveals to me my highest good. It is the light that discloses to me what appears to be hidden.

I do not think of myself as lacking in understanding. I know that in Truth I cannot be separated from the light of God or live apart from His wisdom. I no longer think of myself as ignorant. I realize that as the son of God I am also the son of light.

The light of God is ever shining within me. I cannot exist apart from God or away from His intelligence. His understanding is mine when I am conscious of being unified with Him. I know that He inspires me with ideas of light and intelligence. Abiding in the light of Truth, I abide in the light of understanding. I realize that I cannot go anywhere without God's light. I know that it inspires, guides, and directs me in all my ways. I realize that henceforth the light of God will be with me at all times.

Jehovah is my light.—PSALMS 27:1.

**AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY**

July 20 to August 19

Illumination

*Christ light shines into my mind and I
am wise.*

Healing

*I am raised to perfection in mind and
body by the healing power of Jesus Christ.*

Prosperity

*The plenty of the Father is now mine,
as promised by Jesus Christ.*

MONDAY, JULY 20

The health presence and power of Christ convinces me that my health is established in Christ.

THIS DAY I turn from all belief in disease and turn to Truth and Christ. I cease to think of disease as being present within me, because I know that Christ abides in me as the presence of health. Disease can have no power over me because Christ lives within me as the power that makes me powerful in health. All belief in disease is eradicated from my mind through the knowledge that Christ is established in my body as health and strength.

In giving my thought to health today I rise out of the race mesmerism about disease. I cease to think of disease as having presence and power in Truth or in my body. Today I meditate upon the presence of Christ within me as the presence of my health. His life and health fill me and I am alive and strong.

I give thanks today for perfect health. I realize that my health is forevermore established in Truth, and I measure up to this high standard. The presence of Christ within me assures me that my health is present to the exclusion of disease.

I will restore health unto thee, and I will heal thee of thy wounds, saith Jehovah.—JER. 30:17.

TUESDAY, JULY 21

I give up all belief in lack in order to receive the bounty of God in my mind and affairs.

THIS DAY I give up all beliefs in poverty and failure. I cease to think of myself as lacking any good thing. I no longer think of poverty as identified with my consciousness or my affairs. I erase from mind every thought that would limit my progress, prosperity, or success.

Prosperity now replaces lack in my consciousness. I exchange the idea of limited finances for that of Truth and plenty. I deny that lack can exist in my affairs, and I affirm Truth and prosperity. I erase from mind all ideas of limitation in order to entertain ideas of prosperity.

Today I resolve to think in terms of plenty. When I need to think of my finances, I will think of the bounty of God. I resolve to think abundance and thus keep out of my mind any thought that would limit my prosperity and success. I know that God's will for me is plenty and I am willing to abide by His will in all things. I am ready to accept into my consciousness the truth about prosperity.

Keep therefore the words of this covenant, and do them, that ye may prosper in all that ye do.—DEUT. 29:9.

WEDNESDAY, JULY 22

In Truth there is no power in evil or in anything opposed to God. God is the only power I recognize.

AS I MEDITATE upon the power of God, I realize that His omnipotence is all there is in Truth. I know that the only power there is is the power of God, the power of good. My thought this day is given to power, spiritual power, the power of God within me.

I resolve today to cease thinking of things in the world as having power over me, power to limit my progress, power to affect my happiness. I no longer believe that other persons have power over me. I live in the consciousness that Truth has freed me from all belief that external things can limit the power of God within me.

I go forth this day in the realization that I have within me the power that knows no limitation. I realize as never before that the power of God cannot be restricted or diminished in any way. I turn to the presence of spiritual power within me. It liberates me from all belief in any power other than the power of good.

The God of Israel, he giveth strength and power unto his people.—PSALMS 68:35.

THURSDAY, JULY 23

Christ in the midst of me exalts me above every human sense of limitation.

HOW I rejoice to know that Christ lives in my very midst! His presence lifts me up. I am exalted above all that would seem to cast me down. I find that nothing in all this world has power to keep me from being lifted to the very presence of Christ.

As I meditate upon Christ within me, I find that He is ever inspiring me to be exalted. He inspires me to know that things of the world cannot hold me back, that I am ever being impelled forward and upward. I rise from the consciousness of limitation to ascend into the higher consciousness where Christ abides.

Knowing that Christ lifts me up, I realize at the same time that I am free from that which has previously seemed to keep me from knowing Christ. With Christ lifting me up, I realize that I am exalted to high heaven.

Christ in the midst of me ever inspires me to be exalted. He ever lifts me up to His high consciousness. He exalts me above sin, evil, fear, disease, and lack.

Even so must the Son of man be lifted up.—JOHN 3:14.

FRIDAY, JULY 24

The life of Christ in the midst of me stirs me to the realization that through Him I am every whit alive.

CHRIST is in me as my life and I too live in Him. I turn to Christ for my life and find that He makes me every whit whole. I find that through Him I am thrilled and filled with life. I am alive in Him forevermore. His life is sufficient to stir me up to the consciousness of unlimited, never-ending life.

Taking Christ for my life, I am assured of being free from all weariness. I cannot know fatigue, I cannot be weary when I am conscious that I am one with inexhaustible life. Things of the world cannot tire me when I realize that I have within me the very fountain of life.

I give up the habit of thinking or saying that I lack life. I know that all I can lack is a consciousness of life, and I realize that through the study of Truth I am now gaining in my consciousness of life. This consciousness increases until I am perfectly conscious of Christ as my life. I know that I can depend upon Him to give me bountiful life. I realize that I need but turn to Him in order to be filled with life.

Thy life shall be clearer than the noonday.—JOB 11:17.

SATURDAY, JULY 25

The Spirit of God within me prompts me to be forgiving, and I forgive easily and thoroughly.

IN THE PAST when I have had difficulty in forgiving, I have not taken the Spirit of God into consideration. I realize that I forgive easily and readily when I let Spirit within me prompt me to forgiveness. I know that I can forgive thoroughly when my whole thought is turned away from personalities and directed to God.

In the consciousness of forgiveness I am willing to forgive and wipe from my mind every belief in personal injury. I no longer accuse myself or others of having done evil. I am willing and prompt to forgive at all times. I do not indulge in the habit of entertaining secret accusations. The Spirit of God has taught me how to forgive, and I am ready to release all thought of accusation from my consciousness.

I go forth this day in the knowledge that I forgive. My mind is free from all thought of condemnation. I greet all persons in the consciousness that I am free from all adverse thought about them.

*Bless Jehovah, O my soul . . .
Who forgiveth all thine iniquities.*

—PSALMS 103: 1, 3.

SUNDAY, JULY 26

I do not waste time in thinking about the past or the future. I live in the blessings of the present moment.

I HAVE FOUND that it is useless to spend time in thinking about yesterday or tomorrow when today has blessings on every hand. I realize that when I devote my thought substance to thinking about the past or the future, I rob myself of blessings of today. I know that the only way to live is to live in the consciousness of the eternal now and the present moment.

In the sight of Spirit there is only the eternal now with its multitude of blessings. This is the time of Spirit without the limitations that man thinks of under the name of time. I live in the timeless time of Spirit. I live today and henceforth in the realization that the only time is the eternal now, the time of present answer to prayer, the time of ceaseless blessings.

Today I realize that this is the time for me to make the demonstration I expected to make in the past. Today is the time for me to realize the presence of Spirit and to accept the blessings it shares with me. Today is the time for me to be happy.

Redeeming the time.—EPH. 5:16.

MONDAY, JULY 27

My every thought is now turned to the kingdom of Christ within me. It is heaven.

I NO LONGER think of heaven as existing apart from me. I do not think of time or space as separating me from it. I know that heaven does not exist in the distance or in the future. I realize that it exists here and now. Heaven is the realm where Christ dwells: the realm within me.

As I meditate upon the presence of Christ within me, I find heaven. I know that heaven is within and about me. Meditating upon heaven, I find that heavenly blessings come to me. I realize that in order to be conscious of living in heaven I must think of it often. I must keep out of my mind every belief that heaven exists apart from me.

Today I see all things from the standpoint of heavenly consciousness. I behold all persons as they are seen in heaven. I see all my affairs as enjoying a heavenly blessing. I live today in heaven, knowing that I need never again find myself living apart from heavenly blessings.

Finding the presence of Christ within me, I am assured of heaven at all times.

Seek ye his kingdom, and these things shall be added unto you.—LUKE 12:31.

TUESDAY, JULY 28

*I relax from all mental and physical stress
and strain because I trust God in all my
ways.*

TODAY I give up every thought that would make me tense. I give up such beliefs as would cause me to feel a mental strain and its resultant tension in the body. I exchange thoughts of stress and strain for thoughts of God and for trust in Him.

I realize today that God governs His world wisely and well. I know that He takes full responsibility for the government of the world and that I need not become tense because at times I do not understand His government. I realize that when I let God do His own work in His own way I have no occasion to experience stress and strain in mind and in body.

I am now relaxed. I feel no mental and physical tension. I am relaxed in the consciousness that all is well. I am relaxed in the realization that God does His work perfectly, and I am satisfied with His workings in me and in my affairs. I relax in the consciousness that today I let God do His work without any intervention on my part. I stand aside and behold God working miracles.

The government shall be upon his shoulder.--ISA. 9:6.

WEDNESDAY, JULY 29

I give thanks today for visible and invisible blessings.

THIS DAY I dedicate to being thankful. I give thanks for every evidence of the goodness of God. I give thanks for spiritual understanding, love, joy, health, and plenty. I am thankful for the visible and the invisible good that God showers upon me.

Today I abide in a state of thankfulness. Nothing escapes my thankful spirit. I am thankful for even the slightest evidence that God loves me and provides well for me. I am thankful that the study of Truth has taught me to be thankful and thus to multiply my blessings. I realize that no demonstration is complete until I have given thanks.

I realize that through gratitude and appreciation I behold more and more of the goodness of God for which to be thankful. I realize that through my appreciation of the blessings of God I comply with the law by which good comes to me. Through thankfulness I enter into that consciousness by which I can increase the good that comes to me. By being thankful I have more and more for which to give thanks. I behold more and more of the goodness of God.

Enter into his gates with thanksgiving.—PSALMS 100:4.

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THURSDAY, JULY 30

Today I live in a state of prayer, conscious of my union with Christ.

TODAY as I pray I realize that I commune with Christ. I realize that I am so interrelated with Christ that nothing in all this world can keep me from communing with Him. I am conscious of prayer as being the means by which I am more closely identified with Him.

In praying in the Spirit I pray in the consciousness of ever communing with Christ, ever being in unity with Him. I realize that I can turn instantly from worldly things, things that disturb, and commune with Him. I seek this day to live in a condition of prayer in which I may realize my union with Christ.

Today I dedicate to prayer. I seek to know moment by moment that life is a prayer, a drawing nearer to Christ and feeling that He is drawing nearer to me. As this is my day of prayer, I dedicate it to Christ. My soul communes with Him. I know that we are inseparably united. Through our close relations I am able to realize that I live in Him and He lives in me. This day, my day of prayer, shall prove to me a blessing.

I will pray with the spirit, and I will pray with the understanding also.—I COR. 14:15.

FRIDAY, JULY 31

This day I dedicate to Christ, thinking of Him at all times, doing all things in His name.

IN ORDER to dedicate this day to Christ I realize that I must keep out of my mind every un-Christly thought. My whole attention must be given to Christ. I must think of Him when otherwise I might be tempted to think of evil, fear, disease, and want. I must realize that in Him abides the light of Truth, the goodness of Spirit, healing life, abundant substance.

To the practical Christian Christ is all there is in Truth. His life, His presence, His power engages the Christian's whole attention. As a follower of Christ I give my whole thought, my heart, and my soul to Him. I dedicate myself to Him. This day I resolve to see all things from the standpoint of Christ within me. I view the world through His eyes. I see my friends and associates as He sees them.

In thinking of Christ today I know that He is thinking of me. I am assured of His presence and help at all times.

Christ is all, and in all.—COL. 3:11.

(Bible quotations, unless otherwise credited, are taken from the American Standard Version of the Bible, copyright, 1929, by the International Council of Religious Education.)

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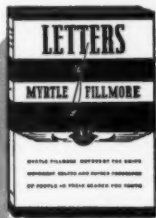
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FOREVER

MARY LOFTUS BURKE

I cannot speak, I cannot write,
But I can think of God
And that which is good and beautiful;
And my thoughts shall travel on and on
and on.
Other minds shall pick them up and make
them theirs,
And they shall be comforted
As I now am comforted,
And they shall be consoled
As I am now consoled.
They in turn shall cast
Them forth to share them
With another and another!
So the thoughts that once were mine
Shall become the thoughts of many,
And many shall be solaced and made happy
Because I think of God and
That which is good and beautiful!

